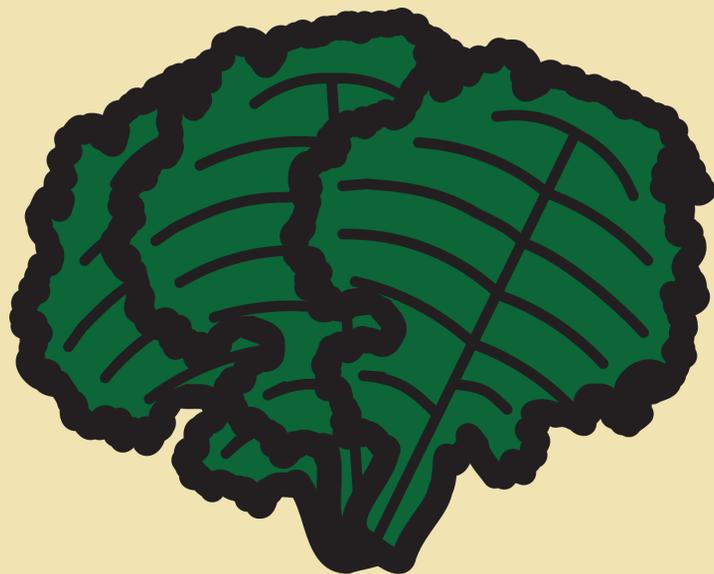


MARCH HARVEST OF THE MONTH



KALE



SCAN THE
QR CODE
FOR MORE
HARVEST
OF THE
MONTH
RESOURCES!



TRY KALE AT HOME!

HEALTH & NUTRITION

Kale is one of the most nutrient-packed foods on the planet!

The leaves of kale are edible and provide an excellent source of: Vitamin A, Vitamin C, Vitamin K, Calcium, and Iron

In addition to these beneficial nutrients, kale is rich in antioxidants, which have been shown to have anti-cancer and anti-inflammatory effects on the body.

? DID YOU KNOW

Kale is in the Brassica family and its Latin name means 'cabbage of the vegetable garden without a head.' There are many varieties. Red Russian kale is the most tender, while Lacinato (or Dinosaur) kale feels almost like plastic between your fingers!